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MEAT SUBSTITUTES

by

Isabel Goodhue

Presented to

The meat substitator, by

one that eats the substitutes at

1334 Spruce Street, Berkeley, in

California. Arthur Harris Smythe.

July 25. 1931.

Meat Substitutes

By ISABEL GOODHUE

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WHAT DOES COOKERY MEAN?

IT MEANS KNOWLEDGE OF ALL HERBS AND FRUITS AND BALMS AND SPICES, AND OF ALL THAT IS HEALING AND SWEET IN GROVES, AND SAVORY IN MEAT. IT MEANS CAREFULNESS AND INVENTIVENESS, WATCHFULNESS, WILLINGNESS, AND READINESS OF APPLIANCES. IT MEANS THE ECONOMY OF YOUR GREAT-GRANDMOTHER AND THE SCIENCE OF MODERN CHEMISTRY, AND FRENCH ART, AND ARABIAN HOSPITALITY. IT MEANS, IN FINE, THAT YOU ARE TO SEE IMPERATIVELY THAT EVERYONE HAS SOMETHING NICE TO EAT.

—JOHN RUSKIN

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FOREWORD

THIS little book is not addressed to the extremist on the food question, but is written for families who wish to discontinue, either entirely or partially, the use of flesh food, but want to substitute dishes which will furnish the same food value, and will be palatable in the same hearty and satisfying way.

¶ It does not aim to present recipes that are models of economical ingenuity, but those that neither savor of extravagance nor of extreme frugality. They are all recipes that have been tried and liked by both meat-eaters and vegetarians.

¶ So many of the dishes represented here have been originated and prepared in atmospheres of enthusiasm and good cheer, that you will probably find all of those resulting from the use of these recipes to be decidedly flavored with optimism.

The food problem means a study of balanced rations and proportions, as well as the cost and nutritive value of foods. It means the varying of these proportions to suit the needs of the old, the young, the laborer, and the brain worker.

—Horace Fletcher.

FOOD VALUES

NUTS, peas, beans, lentils, eggs, cheese and milk are rich in the nitrogenous properties considered so valuable in meat, but good judgment must be used in the selections made for each meal so that the supply of this element may not be excessive.

¶ Sometimes a housekeeper who is not possessed of a very versatile imagination forms the habit of repeating a certain kind of food at the same meal. This is often a severe tax upon the digestion and is usually unattractive to the taste. For instance, a nut chowder, a nut loaf and nuts in the salad are, in every way undesirable on the same menu.

¶ A well-balanced meal should present a dish rich in nitrates, a starchy food, succulent vegetables or fruits, and a little butter, cream or oil.

The glory of the kitchen I that holds cooking
A trade from Adam, quotes his broths and salads,
And swears he is not dead yet but translated
In some immortal crust, the paste of almonds.

—Ben Jonson.

Though we eat little flesh and drink
no wine
Let us be merry.

—Shelley.

ON MEAT EATING

IT IS believed that we absorb impurities more readily from animal than from vegetable food, even when the meat eaten is in its best condition, and certainly no one doubts the unwholesomeness of the diseased and chemically embalmed meats that are now put upon the market.

¶ Athletes who train on a vegetarian diet (and their number is increasing) are notably successful in contests demanding strength and endurance.

¶ Professor Irving Fisher, of Yale, has completed tests by which he finds that a vegetable diet is more conducive to endurance than a diet including flesh food.

¶ Forty-nine persons were examined, among whom were students, physicians, nurses and college instructors.

¶ Professor Fisher says: "The result indicates that non-flesh eaters have far greater endurance than those accustomed to the ordinary American diet."

¶ Vegetarians of some years' standing are seldom, if ever, found among patients who are troubled with blood diseases.

¶ Students of the subject find that, as a class, great meat eaters are more antagonistic, irritable and nervous than non-meat eaters, and are more given to using stimulants.

MEMORANDUM

We must eat to live, not live to eat.
—Fielding.

¶ In the minds of many people the debasing effect upon the thousands of men engaged in the business of slaughtering animals for food forms one of the strongest reasons for seeking to eliminate flesh food from their diet.

¶ The too free use of dead flesh as a diet clouds the mind and dulls the spiritual perceptions, brutalizing the finer sensibilities of the soul, while stimulating the animal propensities.

¶ Fruits, grains, nuts and vegetables form the purest and most ideally perfect foods for man. The very thought of the sunshine they have stored up in their growth is a stimulus to their digestion, and these products of the earth contain all the elements that go to make up blood, bone, muscle and nerves in a form at once agreeable and easily digested by the human stomach

¶ The question of expense is one to be considered also. It has been demonstrated by one of our leading food experts that ten cents' worth of peanuts contain more than twice the protein and six times the amount of energy that is to be found in a porterhouse steak. Value for value, then, it will be seen that a well selected vegetable diet is not only far cheaper than meat but contains more of the available elements needed to supply the human machine in order that it may perform its work with the least possible amount of waste.

MEMORANDUM

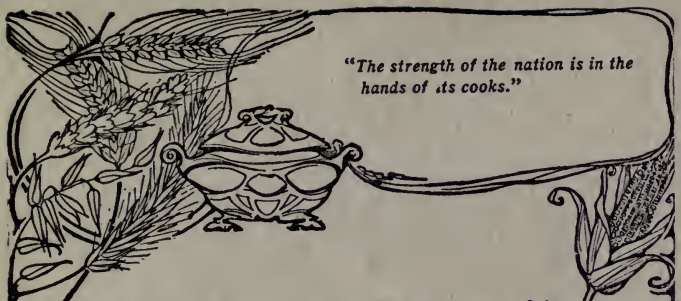
Let us often have as dinner guests,
"Mirth that wrinkled Care derides,
And Laughter holding both his sides."

"FORTY CHEWS TO A MOUTHFUL"

THE advocates of what is known as "Fletcherism" have for a motto "Forty chews to a mouthful," and they claim that a really thorough mastication of food will regulate all digestive disturbances and will restore to one a normal appetite. Horace Fletcher was the first to advocate the particular method in question, though Gladstone before him preached that every morsel of food should have thirty-two chews before it was swallowed. Mr. Fletcher was a great traveler and underwent many adventures in his efforts to make a fortune. When he finally found himself with wealth and leisure to indulge his cultivated tastes, he was unable to enjoy anything because his health was gone, and he was obese and scant of breath. From several sources he received the inspiration which led to his method of cure. His principles are based on three germ-thoughts —the value of abstinence from food until a true appetite has been earned, thorough mastication and the banishment of anger and worry.

¶ Mr. Fletcher pushed the importance of mastication to its limits, and taught even those who thought that they knew its importance, something new in connection with the mechanism of the tongue as applied to chewing food, and he also emphasized as well the necessity for the thorough mixing of saliva with all food as the first step in the process of healthy digestion. Not only should solids be so thoroughly chewed that there will

MEMORANDUM



be no forced swallowing, or any strained motion of the muscles of the back of the tongue or throat in swallowing, but all liquids having taste, and therefore having in them something to be digested, should be treated to a preparatory process in the mouth before being swallowed. That means that every liquid, except pure water, should be sipped and tasted in the mouth long enough to give it a chance to be well mixed with the saliva.

¶ By following out these principles the appetite will soon become a true index to the needs of the body for food, and it will demand nothing more after the craving for food is satisfied. In addition, a normal appetite, when once it is attained, will demand only what the system requires, and there will be a feeling of repulsion towards what is undesirable. The system attaches the utmost importance to the mechanical action implied in the forty chews necessary for the thorough chemical preparation of the food—liquid or solid—in order to make it fit for digestion, which is, after all, the most vital process of the physical system, for on it depend health of body and of mind alike.

It is hard to provide so simple and clean a diet as will not offend the imagination. * * * It may be vain to ask why the imagination will not be reconciled to flesh and fat. I am satisfied that it is not * * * and he will be regarded as a benefactor of his race who shall teach man to confine himself to a more innocent and wholesome diet.

—Thoreau.

BAKED DISHES

MEMORANDUM

There is nothing so hygienic as love

PREPARING NUTS

A SMALL meat grinder, after it has been thoroughly cleansed, may be kept for grinding nuts, or a nut and vegetable grinder may be obtained for a moderate price. If you obtain almonds, English walnuts, filberts, pecans, Brazil and pistachio nuts, and put each kind, after it is ground, into a pint fruit jar, label it, and screw the cover on, you will have a most convenient store to call upon when preparing nut dishes; and you can easily mix the various nuts when you wish to do so.

¶ It is best to grind the nuts moderately fine but not to a meal. If you wish a meal, as for soups, you can take some of the nuts out and grind them finer for the purpose.

¶ Nearly all of the nut recipes that have come to the author's notice result in dishes of a new flavor but which seldom have a recognizable nut taste. To a lover of nuts this is a disappointment. The use of both ground nuts and half nut meats, or of ground nuts and broken meats, is a method with happier results in this regard than that of using nut meal alone or manufactured nut combinations.

MEMORANDUM

May the cook send in vibrations of sweetness and good cheer with every dish she prepares

NUT LOAF

NUT loaf should be baked in a medium-sized bread tin. The tin should be well greased, and, when done, a knife should be passed around the loaf, loosening the edges. A platter should then be placed over the top of the tin, and tin and platter firmly held together and reversed. When the tin is removed the loaf, nicely browned, will rest in the center of the platter. A sauce should be poured around the loaf before serving. Cold nut loaf is very good when sliced with a sharp knife and served the same as veal loaf. Garnish with parsley.

¶ Nut Loaf No. 1

Three cups cracker crumbs, fine; three and one-half cups of milk and water; two eggs, well beaten; one cup of nut meats; three-fourths cup mixed ground nuts. Salt to taste.

¶ Nut Loaf No. 2

Two cups boiled rice; one-half pint of milk; two eggs, well beaten; one and one-half cups ground Brazil nuts; one-half cup ground unroasted peanuts; one-half cup English walnut meats.

MEMORANDUM

The Tragic Muse should never be invited into the dining room

¶ Nut Loaf No. 3

Three cups mashed or cold boiled potatoes very finely chopped; two and one-half cups milk; two eggs, well beaten; one cup English walnut meats; one-half cup mixed ground nuts; one teaspoonful peanut butter, diluted in a little of the milk; one-half small onion, finely minced. Salt.

STUFFED TOMATOES

IN each of the three following recipes cut out the cores of the tomatoes used. Grease a flat tin and place the tomatoes in it, putting around them the stuffing that remains after filling the tomatoes, forming a nest for each one. Bake until they are tender and slightly browned. Upon removing from the oven butter the top and sides of each tomato.

¶ Tomatoes with Bean Stuffing

Six large ripe tomatoes; two large cupfuls of boiled navy beans; one medium-sized onion, minced fine; one heaping tablespoonful of butter. Mix the beans, onion and butter together and season with salt and pepper.

¶ Tomatoes with Pea Stuffing

Six large tomatoes; two large cupfuls of boiled yellow split peas; one green sweet pepper, minced. Be careful

MEMORANDUM

And now and then your men of wit
Will condescend to take a bit.
—Swift.

to remove every seed from the pepper. Mix the peas and pepper together, and season with salt, pepper and butter.

¶ Tomatoes with Nut Stuffing

Six tomatoes; three cupfuls of soaked bread crumbs; one and one-half heaping teaspoonfuls of peanut butter; one-half cup ground pecan nuts. Dissolve the nut butter in a little water and mix the bread crumbs, nut butter and nuts together; a very little minced onion may be added. Season with salt and pepper. Place in each tomato, with the stuffing, one-half of a nut meat, and a nut meat should also crown the mound of stuffing on the top of each tomato.

¶ Tomatoes Stuffed with Cheese

One cup cracker crumbs moistened with water; one-half cup grated cheese; one tablespoonful of butter; salt and pepper Mix the cracker and cheese together, add the butter and season. Stuff the tomatoes with the mixture but do not place any around the tomatoes in the pan.

¶ Baked Peppers

Carefully remove all the seeds from green, sweet peppers; prepare either of the first three above fillings, as for tomatoes. Fill the peppers and bake.

¶ Baked Hominy and Cheese

After washing a cupful of hominy in three waters, pour upon it a pint and a half of boiling water, and boil for twenty minutes; then add a tablespoonful of butter, a pint of milk, one egg, and a cupful of grated cheese. Bake for forty minutes in a moderate oven.

MEMORANDUM

Muse, sing the man that did to Paris go,
That he might taste their soup, and mushrooms know.
—W. King.

¶ Baked Mushrooms

Select nice, large mushrooms, peel and remove the stems; put them in a porcelain saucepan with a tablespoonful of butter and set on the back of the stove until all the mushroom liquor is drawn out, then add a slight seasoning of pepper and salt and put the saucepan over the fire, stirring now and then, until the mushrooms are almost done; cover the bottom of a baking dish with slices of toast; put the mushrooms over these, adding to the liquor an equal quantity of sweet cream; cover the top with coarse bread crumbs and bits of butter and bake in the oven until lightly browned.

¶ Mushrooms are substantial food, and the wild sorts (when one learns to know them) as well as the cultivated varieties, should appear more frequently upon the table as part of the regular bill of fare when they can be secured.

¶ Stuffed Apples

Scoop out a good core from cooking apples and fill with equal parts of whole wheat, or plain bread crumbs, and chopped mushrooms; season with tomato catsup, or other prepared sauce, or fresh chopped parsley, etc.; place in a baking dish, dotting the apples with butter and adding a little water to the dish. Bake until the apples are done. Instead of mushrooms, the apples may be stuffed with chopped peanuts mixed with whole wheat bread crumbs, adding a little butter and seasoning. Another way is to use boiled chestnuts mashed and seasoned for stuffing the apples.

MEMORANDUM

Small cheer and great welcome
makes a merry feast.
—Shakespeare.

¶ Cheese Custard

Take a round loaf of baker's bread; cut in slices about one-half inch thick; remove any hard or very brown crust and butter well. Line the sides of a deep buttered baking dish with six of the slices and lay the seventh in the bottom. Grate fine one-fourth pound of good cheese. Melt a small piece of butter and stir into one and one-half pints of good milk; dissolve two tablespoonfuls of flour in a gill of cold milk, add it to the boiled milk and let it cool. Add the cheese, salt, pepper and four well beaten eggs to the milk, and pour it into the baking-dish. The cheese custard should at least reach the top of the upright slices of bread. Bake in a hot oven as you would any baked custard.

¶ Baked Rice and Cheese

Three cups boiled rice; three cups milk; one-fourth pound grated cheese; three well beaten eggs; one dessertspoonful of butter; salt. Melt the butter and stir lightly into the rice and milk; add the eggs, beat in lightly, and bake in a hot oven one-half hour.

¶ Baked Peas

Soak yellow split peas over night; boil until tender, and then take two and one-half cupfuls of boiled peas; one-half cupful of cracker crumbs; one pint of milk; one egg; two-thirds cupful of finely minced celery, or one teaspoonful of celery salt; one dessertspoonful butter, salt to taste. Bake thirty-five minutes.

MEMORANDUM

"Just as in nature thy proportions be,
As full of concord their variety."

¶ Baked Beans

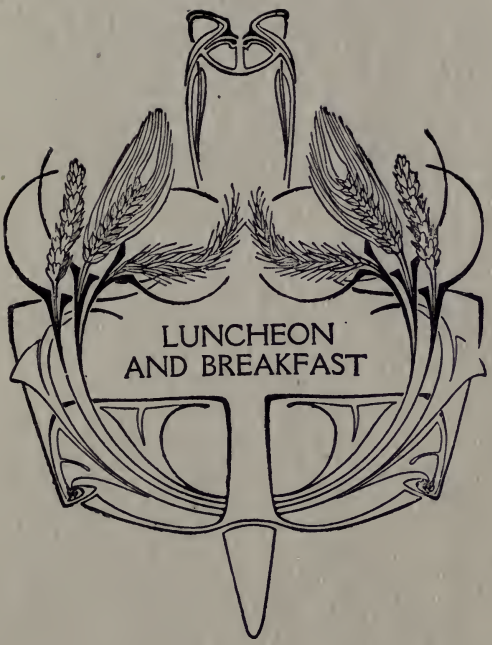
Baked macaroni and cheese makes a good substitute for the meat dish, as do also baked beans. In baking beans without pork, place a good-sized onion in the bottom of the bean pot. The result is not a perceptible onion flavor, but a decided enriching of the beans. A goodly quantity of butter should be added to beans baked without meat. A little while before they are done; or, when the beans having the onion in the bean pot are about half done, stir through them a nut cream, made by dissolving one heaping teaspoonful of peanut butter in a little water, and add ordinary butter as well. Do not use enough nut butter to allow a peanut flavor to prevail, but enough to mellow and enrich the beans.

¶ Red Kidney Beans

Red kidney beans are especially good baked. Indeed, they are so highly esteemed in Boston, the Mecca of the baked-bean lover, that one is obliged to pay more for them there at the cafes and restaurants than for ordinary kinds. The canned red kidney beans are almost as good as the fresh ones, and if you pour off the liquor, rinse the beans, mash a few of them and add cream, you need not fear them, baked or unbaked, because they were canned, and they will form a most palatable addition to your bill of fare.

There was once a man who, when the dew was on his strawberry vines, and the wren that had her nest near his bedroom window had begun her morning thanks, strode out into his little garden. Without losing any of the wren's music, he plucked him a bunch of radishes, cut heads of tender lettuce, picked a pan of strawberries, added a pitcher of milk and a plate of crackers or bread, and breakfast was ready. So the vegetable habit simplifies life.

—Good Health.


LUNCHEON
AND BREAKFAST

MEMORANDUM

Enough is as good as abundance.
—Gaelic Proverb.

¶ Nut Hash

One tablespoonful of peanut or mixed nut butter, made into a smooth cream with water; three-quarters of a cupful of ground nuts; two cupfuls of finely chopped potatoes. Mix the nut butter through the potatoes; add the ground nuts, and a little milk or water to moisten. Salt to taste; add a little minced onion if desired. Put butter in a hot frying pan, add the mixture of potatoes and nuts, and brown as in making corned-beef hash. When you think a brown crust has formed over the bottom of the hash, place a plate over the top and invert the frying pan and plate, turning out as if it were an omelet.

¶ Lentil Hash

Equal parts of boiled lentils and cold boiled potatoes, finely chopped. Minced onions should always be added, or minced celery. Season with butter, salt and pepper. Place the preparation in a hot buttered frying-pan and proceed as in nut hash. People often ask what lentils are and for the benefit of those who have never used them I will explain that they are a legume, highly nutritious and much used in Oriental countries. They can be obtained in any large city market.

¶ Waldorf Eggs

To prepare for six persons take six small, sweet peppers; remove every seed, being careful to leave the peppers in as perfect a condition as possible; boil in water until tender Have ready a hot tomato sauce and six pieces of toast made from stale bread cut in inch thick pieces,

MEMORANDUM

Now, good digestion wait on appetite,
and health on both.
— Shakespeare.

from a round loaf if possible, and toasted slowly to a light brown in the oven. Butter the toast well; place a piece in the centre of each plate; put one of the red peppers on each plate, beside the round of toast, and on each piece of toast slip a poached egg, being careful not to break the yolk. Around the toast and peppers pour the tomato sauce. Place a small piece of butter on each egg and in the heart of each pepper. This is an extremely pretty lunch dish and is especially suitable when a red color scheme is desired.

¶ Curried Eggs No. 1

Boil for fifteen minutes as many fresh eggs as you wish to use; remove the shells carefully at once; cut the eggs in half lengthwise and place on a platter, the yolks uppermost. Pour around them Curry Sauce No. 2, and serve.

¶ Curried Eggs No. 2

Place an entire hard boiled egg (the shell having been removed) in a sauce dish; pour around it Curry Sauce No. 2; lay a sprig of parsley on the sauce beside the egg; place the sauce dish on a small plate and serve individually.

¶ Potato Scramble

Three large cupfuls of mashed potatoes; four eggs. Put butter into a hot frying pan; turn the potatoes into it; break the eggs and turn them in on top of the potatoes; with a fork break the yolks and stir them very lightly into

MEMORANDUM

Animals feed, men eat, but only men of intelligence know how to eat.
—Brillat-Savarin.

the potatoes, but do not beat; keep tossing them as in cooking scrambled eggs until the white of egg has turned creamy and thick. Season with butter, white pepper and salt.

¶ Scramble of Peas

Prepare green peas as is usual for serving, except drain off all juice. Scramble some eggs. Place the eggs in the middle of a platter, heaped up, and pour the peas around the mound of eggs. This is as good in its way as an omelet with peas and is less trouble.

¶ Rice and Cheese Scramble

One cup of boiled rice; two-thirds cupful grated cheese; four or five eggs. Moisten the rice and cheese with a little milk, mix together, and scramble in with the eggs. Very good.

¶ Okra and Egg

Three cups of boiled or canned okra; two-thirds of a cup of boiled rice; one teaspoonful of lemon juice; two hard boiled eggs. Boil eggs twenty minutes; after they have been boiling ten minutes put the okra and rice over and boil ten minutes Remove the shells from the eggs, pour okra preparation into the dish for serving and slice the eggs over it.

MEMORANDUM

Blest be those feasts with simple plenty crowned.

—Goldsmith.

¶ Layer Omelet

A friend contributes this recipe, which must make a most attractive-looking omelet. It is, she affirms, a delicious one if eaten as soon as taken from the fire. Prepare as for any omelet but put only the beaten yolks of the eggs in the frying pan and do not add the well-beaten whites until the yolks have "set". Then spread the white of egg evenly over the yolk. Fold the omelet and serve immediately The frothy white of egg will puff out at the sides of the omelet and when cut the omelet will be in three layers, white and yellow.

CROQUETTES

THE material used for croquettes should be chopped or ground fine, or put through a colander. It should be well seasoned, mixed with beaten egg, a little flour and butter, and moistened with boiling water or milk.

¶ In mixing croquettes, good judgment should be used not to have the mixture too dry to be palatable, nor too moist to keep its shape in frying. The croquettes may be made up into ball or cylinder shape, covered with beaten egg and rolled in very fine bread or cracker crumbs, placed in a wire croquette

MEMORANDUM

A woman and her servant, acting in accord, would outwit a dozen devils. —*French Proverb.*

basket and let down into boiling fat, or oil, until browned; or, they may be made up into little round cakes and fried in an ordinary frying pan.

¶ Nut Croquettes No. 1

Equal parts of cold mashed potatoes and finely ground mixed nuts; salt to taste. Add well beaten egg, and flour enough to bring to the right consistency for forming into croquettes. Roll in beaten egg and finely ground, or rolled, crumbs, and fry

¶ Nut Croquettes No. 2

Two cups of soaked cracker crumbs; one cup of soaked toasted corn crisps; two heaping teaspoonfuls of peanut butter; one well beaten egg. Dissolve the peanut butter in a little warm water to the consistency of cream. Use a little flour, or more corn crisp, if necessary, to form into shape; cover with egg and cracker crumbs and fry in croquette basket; or, make into little flat cakes and brown in a frying pan.

¶ To both of these recipes a little finely minced onion may be added, or they may be served with a tomato or onion sauce. In the centre of each croquette a nut meat may be placed—English walnut, pecan or almond.

¶ Split Pea Croquettes

Three-quarter parts boiled split peas to one-quarter soaked cracker crumbs; add a little minced celery or boiled sweet pepper, minced fine, and one beaten egg. Roll in egg and cracker meal, and fry.

MEMORANDUM

He that is of a merry heart hath a continual feast.

—*Proverbs.*

¶ Bean Croquettes

Boil a half pint of small white beans in a pint of water with one-half teaspoonful of soda for five minutes; pour off the water and put through cold water till the skins come off; throw the skins away and boil the beans until tender; strain off the water and use three-quarters of boiled beans to one-quarter part soaked cracker crumbs; add a little finely minced onion, and mix, adding one egg and flour if necessary. Salt to taste.

¶ White sauce, tomato sauce, and celery sauce may be used with pea and bean croquettes.

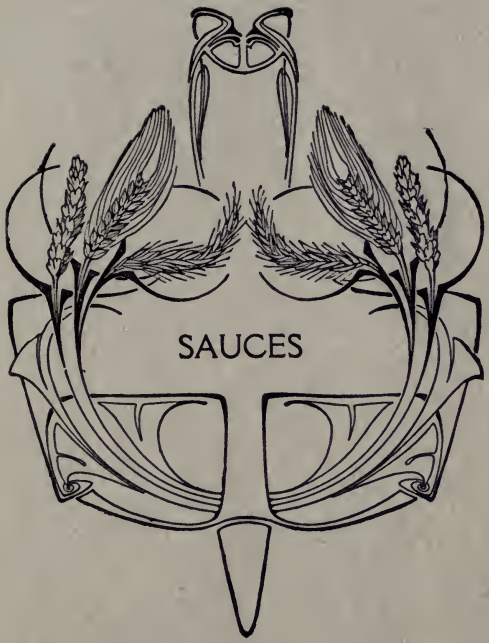
¶ Cream Croquettes

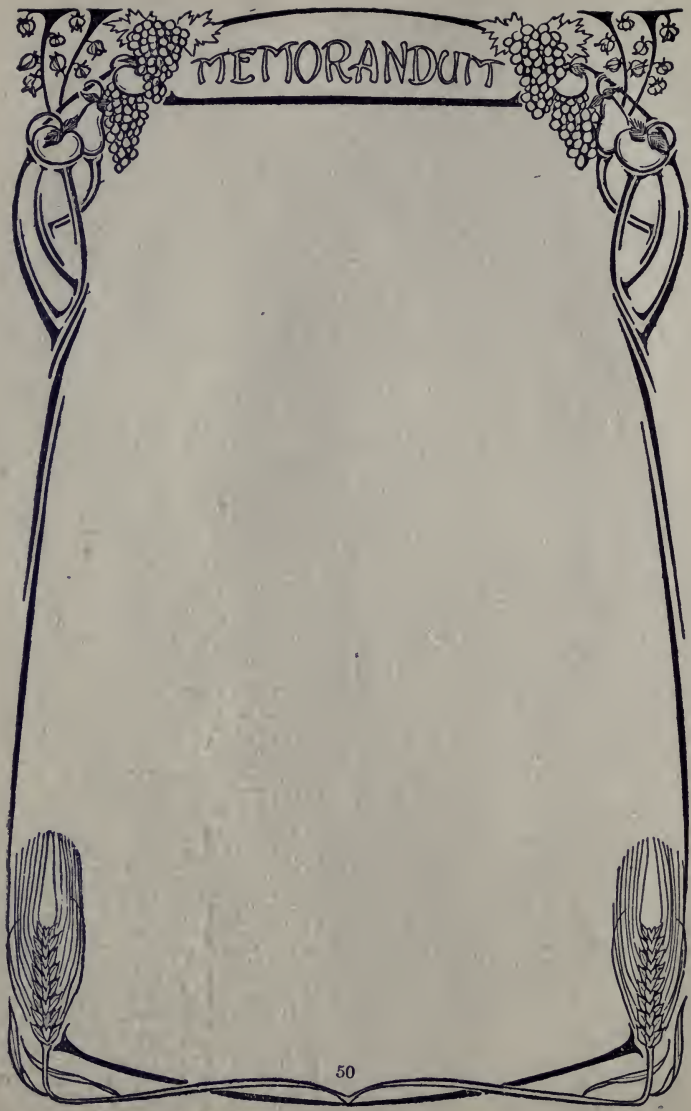
To each well-beaten egg add two tablespoonfuls of cream, one teaspoonful of sugar and enough cracker crumbs to absorb the egg and cream. Dredge over the mixture enough white flour to bring it to the proper consistency; dip into beaten egg and fry. Serve either cold with whipped cream or hot with a hot fruit sauce.

¶ Apple Croquettes

To two cupfuls of apples, cut in small pieces after being pared and cored, add a scant tablespoon of butter and one of water; cook in a double boiler until thick and dry, mashing well as the apples are softened; mix one-third cup of pastry flour, or of corn starch, with a little water, salt slightly, and stir into the thickened apple; cook for fifteen minutes, then add a beaten egg, stirring the mass lightly until the egg is cooked; cool in a flat dish; drop spoonfuls of the mixture into fine crumbs, then into beaten egg and again into the crumbs and fry in deep fat. Especially good to serve with nut loaf or nut hash.

Let fancy, not cost, prepare all our dishes,
Let the caterer mind the taste of each guest,
And the cook, in his dressing, comply with their wishes
—Ben Jonson.


SAUCES


MEMORANDUM

Pungent sauces whet the appetite.
—Columella.

SAUCES FOR CROQUETTES, NUT LOAF, ETC.

¶ White Sauce

Mix two tablespoonfuls of sifted flour with a generous teacupful of warm butter. Place over the fire a saucepan containing a pint of sweet milk, a saltspoonful of salt and a pinch of white pepper. When it begins to boil add the butter and flour, stirring constantly until it thickens and becomes like cream. If you choose, use cream instead of milk and leave out the butter.

¶ Celery Sauce

Take three heads of celery, cut into very small pieces, boil them eight minutes in water, then strain off the water and put the celery into a white sauce, prepared as above. Boil all together for eight minutes, stirring constantly

¶ Onion Sauce

Into white sauce stir four tender boiled onions that have been chopped very fine.

¶ Curry Sauce No. 1

Just before adding the butter and flour to the milk in making white sauce, stir in two-thirds of a teaspoonful of East Indian curry powder, which has been mixed with a dessertspoonful of the milk.

MEMORANDUM

We praise for the things that bring out life's rich flavors.
—Good Things and Graces.

¶ Curry Sauce No. 2

Place one tablespoonful of finely minced onion in a frying pan with a little butter and let it cook until slightly browned; add to this two cupfuls of white sauce and one scant teaspoonful of East Indian curry powder, after it has been dissolved in a little water. Let it remain over the fire until it has boiled two minutes.

¶ Horse Radish Sauce

Drain the vinegar from prepared horse radish and stir two heaping teaspoonfuls into a pint of white sauce Use more horse radish if desired.

¶ Tomato Sauce

One pint of canned tomatoes; one slice of onion; one-half ounce of butter; one clove; pepper and salt. Boil twenty minutes, remove from the fire and strain through a sieve. Melt the butter and as it melts sprinkle in a tablespoonful of flour. Stir it until it browns and froths a little, then mix with the tomato preparation and serve.

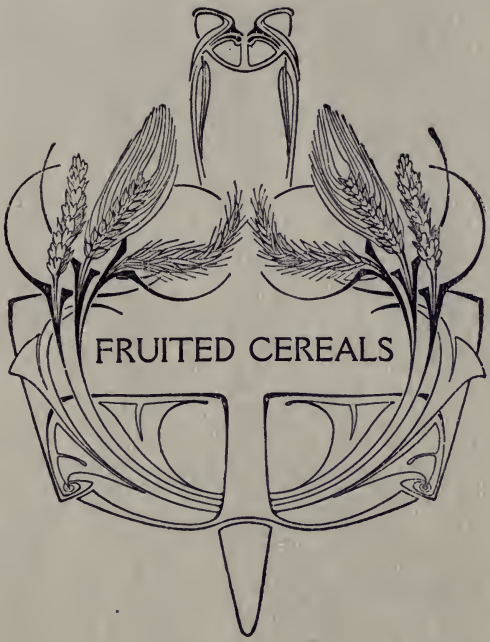
¶ A French boarding-house keeper takes for her tomato sauces a condensed canned soup. This is reduced nearly as much as for soup and then thickened with flour, and butter added.

¶ Brown Sauce

If you use browned butter and browned flour in making tomato sauce, or in making white sauce into brown sauce, it will furnish a pleasant variety.

There is about all natural products a certain volatile and ethereal quality which represents their highest value, and which cannot be vulgarized, or bought or sold. No mortal has ever enjoyed the perfect flavor of any fruit and only the godlike among men begin to taste its ambrosial qualities.

—Thoreau.


FRUITED CEREALS

MEMORANDUM

Hang your hurry habit up in the hall; it is bad form to wear it to the table.

FRUITED CEREALS

WHEN it is desirable to serve a warm dish for supper, or for a simple home lunch, cereals cooked with fruit and served with cream are delicious. Some combinations which are popular with us are :

¶ Rice boiled or steamed with raisins and ground mixed nuts.

¶ Rice with raisins and blanched almonds. The almonds are not ground but broken in half lengthwise.

¶ Rice, dried currants and pecan nuts. The pecans should be boiled fifteen minutes before being added to the rice and currants and then should cook the twenty minutes needed to cook the rice.

¶ The partly crushed or coarsely ground wheat preparations may be cooked with tender apples that have been peeled and quartered. The apples should not be too tart to serve with cream.

¶ The same kind of wheat preparations may also be cooked with raisins and figs ; the figs having been cut in narrow strips before cooking.

¶ Other wheat preparations are good with dates ; the dates cook very quickly, and should be stoned and cut in half or left entire. If the cereal is one that cooks in a short time the dates will cook to a mush if they are cut into small pieces.

MEMORANDUM

An' it's a good sayin', ate as little as ye kin an' yit kape falin' sthrong.
—Shamrock Philosophy.

¶ The more finely ground breakfast cereals of wheat are especially good in combination with peaches, either canned or fresh.

¶ Cereals served with fruits should be well prepared not being so thin as to be suggestive of gruel nor so thick as to be heavy and lumpy.

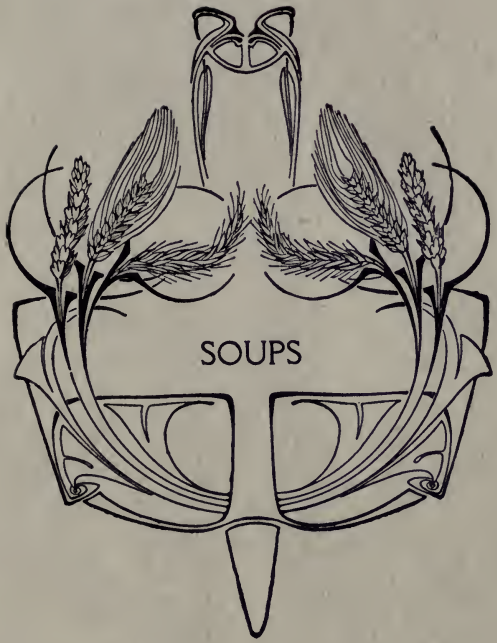
¶ Rice for this purpose should be boiled until the grain has swelled to its full capacity and has just begun to break Rice should be carefully looked over and washed, and then thrown into boiling water and boiled constantly for twenty minutes. The water should be drained off at once, leaving the rice tender and a hint soft but not in the least sodden or mushy. The water that is drained off from the rice contains nutritious matter and it should not be thrown away but used as a basis for soups or sauces at some other meal.

¶ A raw food cereal that is really delicious consists of raw oatmeal, seeded raisins and cream. Dates may be used in place of the raisins.

¶ The use of raw vegetables and fruits as food is steadily increasing as persons begin to understand their increased food value when eaten in this state. The mineral elements are among the most important in any food product. These elements consist of organic salts which are found in vegetable foods in the form most readily assimilated by the system. These salts are more or less changed by cooking or may be lost by the careless preparation of the food. To be sure of obtaining them, therefore, a generous proportion of the diet should be of vegetables and fruits that are eaten raw

Table talk, to be perfect, should be sincere without bigotry, differing without discord, sometimes grave, always agreeable, touching on deep points, dwelling most on seasonable ones, and letting everybody speak and be heard.

—Leigh Hunt.


SOUPS

MEMORANDUM

Bress de Lo'd I ain't got ter salt my vittles wid tears from de mo'ners' bench no mo'.

—Good Things and Graces.

SOUPS

¶ Nut Chowder

Two medium-sized potatoes; one large onion; two tomatoes; one-half small, green, sweet pepper, cut into strips; one dessertspoonful of peanut butter dissolved to a cream; two tablespoonfuls of finely ground mixed nuts; salt; one quart of water. Let the potatoes and onions be sliced thin but not chopped fine. The tomato should be cut into small pieces. Boil all together until the potatoes and onions are tender. Just before serving add a teaspoonful of ordinary butter

¶ Strained Nut Soup

One large onion; two good-sized tomatoes; one dessertspoonful of peanut butter; one heaping teaspoonful each of peanut and mixed nut butter; one coffeecupful of soaked entire wheat bread crumbs (though any wholesome bread will answer). Dissolve nut butter in a little water If liked, curry powder may be added, but for the ordinary taste when flavoring with curry powder use much less than the recipes for curried dishes usually advise. In this use a scant teaspoonful dissolved in a tablespoonful of water Boil forty minutes, take from the fire and put through a coarse strainer. The result should be a brown soup of cream consistency.

¶ Okra and Nut Soup

One heaping tablespoonful of rice; one medium-sized tomato; one small onion; two cups of canned or stewed okra; one teaspoonful of nut butter, salt and

MEMORANDUM

pepper. Peel the tomato and onion and mince them very fine. Boil the rice, minced onion and tomato in a half-pint of water until the rice begins to be tender. Boil the okra a few minutes, put through a colander. Dissolve the nut butter in two tablespoonfuls of water and add it to the soup, with one and a half pints of water. Boil ten minutes and serve.

¶ Filbert Soup

One pint of water; one and one-half teaspoonfuls of finely minced onion; one pint of milk; one tablespoonful of rice, boiled until tender. Finally add filbert meal until there is a decided filbert flavor, salt to taste, let it boil five minutes longer and serve. This is a delicious and delicate soup.

¶ Tomato Bisque

One pint of canned or fresh tomatoes, cut in small pieces; one quart milk; one-third cup butter; one tablespoonful flour; one teaspoonful salt; half saltspoonful white pepper; dash of red pepper. Stew the tomatoes until soft enough to strain, if they are very acid adding a half saltspoonful of soda before straining. Heat the milk and add to it gradually a tablespoonful each of butter and flour rubbed together. Season the strained tomatoes and add to it the thickened milk and the rest of the butter, a small portion at a time, stir steadily till the mixture boils up once and serve immediately. All or part cream may be used instead of the milk, in which case use less butter in proportion.

MEMORANDUM

Relax body and mind, permit your soul to lean against the shoulder of the Infinite a few moments — and then to the feast.

¶ Corn Chowder

The kernels from twelve ears of corn; two onions; four tablespoonfuls butter; four pilot biscuits; six potatoes; one cupful milk; tablespoonful flour; salt and pepper to taste; one tablespoonful minced parsley; one quart water. Cut the kernels from the ears of corn. Peel and mince the onions and fry in a deep saucepan in three tablespoonfuls of the butter, add the corn, the pilot biscuit broken in small pieces; the potatoes parboiled and sliced, and the seasoning. Cover with a quart of boiling water and cook gently for three-quarters of an hour. Heat the milk to boiling and thicken with butter and flour rubbed together and added gradually. Add to chowder and turn at once into a hot tureen.

¶ Cream of Corn Soup

Six or seven ears of sweet corn, choosing ears that are a little old for table purposes; one pint water; one pint milk or cream; one teaspoonful salt; half saltspoonful white pepper; one teaspoonful sugar; one tablespoonful flour; one tablespoonful butter. Score down the rows of kernels with a sharp knife and then scrape out the pulp with the back of the knife until there is enough to make a pint. Add this to the pint of water, which should be boiling, and cook fifteen minutes. Add the salt, pepper and sugar. Heat the milk in a separate vessel and add to the pulp. Rub butter and flour together, thin it with a little of the mixture, added gradually; then turn it into the soup, cook five minutes more and serve.

MEMORANDUM

It is the exquisite quality of a dinner that pleases us, not the multiplicity of dishes.

¶ Cream of Vegetable Soup

Three potatoes carefully peeled; three small carrots; one turnip; three onions; four large stalks of celery; three stalks of parsley. Chop all to the size of small dice. Cover with two quarts of water and season with salt and pepper. Rice may be added if desired. Just before removing from the fire add a half-pint of cream.

¶ This soup is to be used without straining, but if you wish a strained soup the vegetables may be sliced and covered with a pint more water and allowed to simmer for three hours, removing any scum that may arise; then strained and put over the fire again, the cream added, and in two minutes removed and served.

¶ Other Cream Soups

Cream of Celery, Cream of Lima Beans, Cream of Asparagus, Cream of Green Peas and other cream vegetable soups may be made as follows: To one pint of the vegetable desired, cooked to a pulp and strained through a colander, allow one quart of milk. Heat the milk and thicken with a tablespoonful of flour rubbed into one of butter. Heat vegetable pulp separately, season with salt and white pepper, and, if desired, a few drops of onion juice. Add the thickened milk, cook three minutes and serve.

MEMORANDUM

Soup is to a dinner what a portico is to a palace, or an overture to an opera.
—Grimond de la Reynere.

¶ Tomato Barley Soup

Six good sized tomatoes, one large onion, one large potato, one-half green sweet pepper. Cut all into very small pieces, add salt and pepper and one quart of water. Boil the vegetables and two dessertspoonfuls of barley together until the barley is very tender. Add one tablespoonful of butter and serve.

¶ The addition of nut butter mixed to a cream in a little water, or nut butter and mixed nut meal, will convert these vegetable soups into nut soups.

¶ Fruit Soups

Fruit soups are really very nourishing, forming the substantial part of the meal in many countries where their value is appreciated. Almost any fruit may be used as the basis of such a soup, using, for stewed fruits passed through a sieve, an equal quantity of water, thickening each pint of the whole with a heaping teaspoonful of arrowroot, tapioca, sago or cornstarch.

¶ The pure juices of fresh fruits, like red raspberries or strawberries, may be used in the same way. Fruit soups are served hot or chilled, using small bowls or bouillon cups.

¶ Prune Soup

Rub a pint of prunes, stewed soft, through a colander, sweeten and add one pint of water, bring to the boiling point and thicken with a tablespoonful of cornstarch or arrowroot, mixed till smooth in a little cold water, cook till clear, adding a little salt, a tablespoonful of lemon juice and a little of the grated lemon rind; strain and serve hot or chilled.

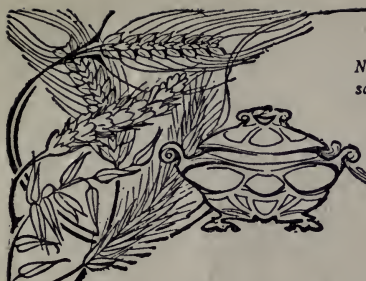
MAYONNAISE FOR BLUE MONDAY SALAD

Cut up some lively capers, add to them a sauce made of the milk of human kindness, thickened with peace oil and spiced to taste. When using this mayonnaise always serve some fresh peals of laughter with the salad. If you find it impossible to obtain the fresh peals, use some that you have sun-dried for emergencies.

—Good Things and Graces.

SALADS

MEMORANDUM



Not too divine to toss you up a salad.

—Austin Dobson.

RAW FOOD SALADS

WE MAY wisely follow the raw food enthusiast in the use of the most palatable and wholesome part of his bill of fare, i.e., the raw vegetable salad.

¶ Here are a few combinations that have been very much liked by both the conservative and radical salad lovers.

¶ Apple Combinations

I

Tender, rather tart apples, sliced very thin and served on lettuce leaves with mayonnaise dressing.

II

Apples, Neufchatel cheese and English walnuts, on lettuce—mayonnaise dressing.

III

Apples, celery, English walnuts and white grapes cut in half lengthwise.

IV

Apples, celery, pecan nuts and a little minced onion on lettuce.

MEMORANDUM

What can I think of thy good qualities, O onion, as every bite draws tears. —*Arabic Proverb.*

¶ Raw Carrot Combinations

I

Carrots, celery and onions. Use but half as much onion as of either carrot or celery. Carrots should always be sliced very thin and cut into small pieces. It is a vegetable that may be easily cut into fancy shapes.

¶ Raw carrots are considered extremely wholesome and, like apples and onions, great beautifiers.

II

Carrots, celery and English walnuts. Serve on lettuce with mayonnaise.

III

Carrots, dates and English walnuts. Serve on lettuce with mayonnaise dressing.

¶ Vegetable Salad

Finely shredded cabbage, onion, celery and leaves from the heart of the spinach and coarsely ground mixed nuts. Serve with either a French dressing or a mayonnaise.

¶ In preparing cabbage for a salad slash deeply across the cabbage with a knife both ways before slicing it. The shreds will be shorter and more manageable for eating.

MEMORANDUM

I am a great eater of beef, and I believe that does harm to my wit.
—Twelfth Night, 1, 3.

¶ Grape Fruit Combinations

Grape fruit, or pomelo, is a fruit increasing in a deserved popularity. It makes a delicious and wholesome salad, which may be served in a variety of ways. To prepare it, peel and remove every particle of the bitter white covering of the pulp. Leave the pulp in larger and smaller chunks as it comes out from the sections.

I

Prepared grape fruit, with oranges, made ready in the same way. Serve on lettuce or crisp white cabbage leaves with mayonnaise.

II

Grape fruit, with an equal quantity of celery cut in inch lengths, and apples in small cubes. Serve on lettuce with French dressing or mayonnaise.

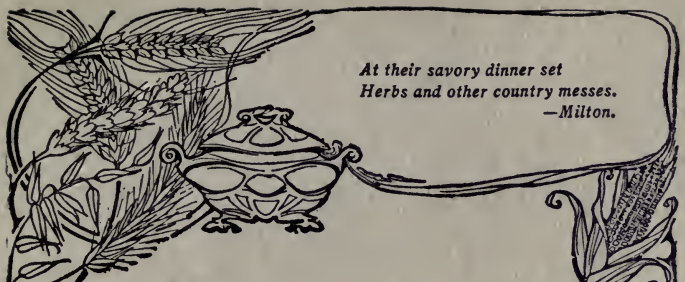
III

Grape fruit, with fresh or canned cherries and nuts, either chopped or whole, according to the kind used. Mayonnaise.

¶ Tropical Salad

Use an equal quantity of dates cut in half and stoned, fresh cocoanut, with the brown part peeled off and then cut in cubes, and orange pulp freed from the white covering of the sections and broken as little as possible. Serve on crisp lettuce or tender white cabbage leaves with mayonnaise dressing.

MEMORANDUM



At their savory dinner set
Herbs and other country messes.
—Milton.

¶ Tomato Combinations

I

Tomato cups on lettuce, filled with nuts and celery. Mayonnaise. To make the cups peel the tomatoes and take out seeds.

II

Tomato cups on lettuce, filled with minced onion and celery and minced green pepper. Mayonnaise

III

In the centre a mould of tomato jelly, around it a ring of finely shredded cabbage, onions and pecan nuts. Boiled mayonnaise dressing.

IV

Tomato jelly in a ring mould. In the centre, celery and English walnuts.

¶ Cucumber Salad

Halve cucumbers, cut lengthwise, and fill with finely cut tomatoes, onions, celery, parsley and pecan nuts. Peel the cucumbers and remove the seeds before filling, also peel the tomatoes and remove the seeds before using in the salad. After the cucumbers are filled, chill them on ice.

¶ Mayonnaise Dressing

Two egg yolks, one to two cups of olive oil, two tablespoonfuls of vinegar, two tablespoonfuls of lemon juice, one teaspoon mustard, one teaspoon salt, one-

MEMORANDUM

Labor gives the best relish.
—Latin proverb.

sixteenth teaspoon paprika. Beat the yolks of the eggs, add the olive oil, drop by drop, beating continually until thick, then add vinegar and lemon juice until thin. Again add oil until thick, and thin as before. Repeat this operation until the oil has been added. Mix together the mustard, salt and pepper and stir into the oil and egg. Whipped cream may be added just before serving.

¶ If the dressing is to be made on a warm day or in a very warm room, have the ingredients and utensils ice cold. While making the dressing have the bowl surrounded by ice water.

¶ French Dressing

French Dressing is easily and quickly made. The usual proportion is one part vinegar to four parts oil. Put four tablespoonfuls of oil in a bowl which has been thoroughly chilled, or set the bowl in another containing ice water or bits of cracked ice. Next put in a half teaspoonful of salt and a dash of red pepper, mixing them together until the salt is dissolved, then add the vinegar drop by drop, constantly stirring, so as to blend the oil and vinegar together as perfectly as possible. The proportion of oil and vinegar and that of seasoning may be varied to suit individual tastes, and all or part lemon juice may be used instead of the vinegar, if preferred. Tarragon vinegar makes a pleasant change in the flavor.

Plain food is quite enough for me;
Three courses are as good as ten—
If Nature can subsist on three,
Thank Heaven for three. Amen!
I always thought cold victual nice—
My *choice* would be vanilla-ice.

—Dr. Holmes.

SANDWICHES
AND COLD DRINKS

MEMORANDUM

Joy, gentle friends! Joy and fresh days of love accompany your hearts!

—Shakespeare.

SANDWICHES

TO MAKE good sandwiches use bread that is rather stale and cut in very thin slices, trimming off the edges to make the pieces even. It is better to butter the bread before cutting the slice, especially if the butter is not very soft. Whole wheat bread makes delicious sandwiches, and Boston brown bread is also an acceptable variety, both of these blending especially well with nut combinations for filling. If sandwiches are to be kept for some time after making they should be wrapped in a cloth dipped in cold water and then wrung almost dry. Put a dry cloth over this, and keep, if possible, in a tin box.

¶ Nut Sandwiches

Almost any kind of nut makes a good sandwich. Have them ground fine and mix smooth with a little mayonnaise or use plain cream. A leaf of crisp lettuce used between the slices with the nuts is an improvement.

¶ Waldorf Sandwiches

Chop apples and celery fine and use an equal part of each, with English walnuts ground as directed above; mix with a little mayonnaise or sweet cream and spread between thin slices of white bread.

MEMORANDUM

Oh! herbaceous treat!
'Twould tempt the dying anchorite
to eat.
—Sidney Smith.

¶ Banana Sandwiches

Mash ripe bananas to a pulp and add lemon juice to taste; spread between buttered whole wheat bread. Instead of crushing, the fruit may be sliced lengthwise and dipped in lemon juice or mayonnaise before being placed between the slices of bread.

¶ Lemon Sandwiches

To one cup of sweet butter add half the grated rind and all the juice of one lemon; mix together till well blended, then set aside for several hours before using. When ready to spread the sandwiches use this preparation as a filling between slices of whole wheat or ordinary white bread.

¶ Grape Sandwiches

Seed Malaga grapes and slice thin with a sharp knife; add chopped English walnut meats and mix with mayonnaise; use between white bread sliced thin and cut in circular shape with a biscuit cutter.

¶ Chestnut-Cherry Sandwiches

Use boiled chestnuts, removing the brown husk from the outside, mash to a paste, adding a little thick syrup, made of granulated sugar and water boiled together; mix the paste with an equal part of candied cherries chopped fine; spread between saltine wafers, or on thin white bread and butter, cutting the slices into triangles or narrow strips.

MEMORANDUM

Prepare for mirth, for mirth becomes a feast.

—Pericles.

¶ Date Sandwiches

Chop dates, after removing the stones, until they are made into a soft paste; spread between slices of buttered whole wheat or brown bread. An equal part of chopped nuts may be mixed with the dates, or nut butter may be used instead of the common kind with excellent results.

¶ A sandwich composed of whole wheat bread, dates and nuts furnishes an ideal food, combining, as it does, the necessary elements of nitrogen, fat, sugar, etc., in a perfect form, and one palatable alike to grown persons and to children, the latter especially needing nourishment rich in these elements.

¶ Lady Baltimore Sandwiches

Use ground English walnuts or pecan nuts, with an equal part each of figs and raisins chopped fine; mix with mayonnaise, spread between thin slices of white bread and cut in fancy shapes. If a sweet sandwich is wanted use boiled icing instead of the mayonnaise and spread between slices of stale white cake.

¶ Olive Sandwiches

Olive sandwiches are particularly dainty and appetizing. To make them, obtain the small olives stuffed with red peppers and chop fine; mix with mayonnaise and spread between slices of thin white bread cut in lengthwise strips. Plain olives, stoned and chopped, may be used as a filling, if preferred.

MEMORANDUM

I hope we shall drink down all unkindness.

—Shakespeare.

COLD DRINKS

ALL drinks that are to be served cold should be very cold, the mixture being kept in the refrigerator long enough to chill thoroughly, or put in a punch bowl or pitcher with a large lump of ice when ready to serve. For those who must have their drinks extra cold, crushed ice may be placed in the glasses before serving.

¶ Cherry Punchade

Remove the seeds from one pound of cherries and crush the fruit with a potato masher; add the juice of two oranges and three lemons, a cup of grated pineapple and two cups of sugar. Let this stand one hour, then press the juice through a cheesecloth bag; add a quart of carbonated water, some slices of banana and pineapple and a cup of candied cherries, or very ripe, fresh fruit when in season. Pour over a large lump of ice in a punch bowl and serve.

¶ Pineappleade

Chop a pineapple without paring, cover with water and boil five minutes; cool, strain and add the juice of limes or lemons with sugar to taste. Serve with crushed ice in the glasses.

MEMORANDUM

Here's to us all! God bless every one!
—Dickens.

¶ Pomelade and Limeade

For Pomelade use one cup of juice of grape fruit to a quart of water, carbonated or plain. Sweeten to taste and serve ice cold. Limeade is made in the same way. Either of these drinks is refreshing and both are mildly tonic in their properties.

¶ Milk Lemonade

To six sliced lemons add a half pound of sugar and let it stand ten or twelve hours; strain and add a pint and a half of boiling water; stir well and add a half pint of boiling milk; strain and serve hot or cold, adding a little nutmeg, if liked.

¶ Raspberry Cup

Make a syrup of one pint of granulated sugar and one pint of water and let it cool; pour over fresh red raspberries and set on ice to chill thoroughly. Use sherbet cups in serving.

¶ Currant Cup is made in the same way, by pouring the cold syrup over stemmed currants and setting away for three or four hours where it will chill thoroughly.

¶ Currant or Raspberry Shrub is made of the strained juice of the fruit, to which a pound of sugar for each pint of juice is added; boil five minutes, bottle and seal.

In good company you need not ask who is the master of the feast. The man who sits in the lowest place, and who is always industrious in helping everyone, is certainly the man.

—Hume.

A FEW MENUS

MEMORANDUM

In winter be well-capped, well-shod,
And well on porridge fed.
—Gaelic Proverb.

TWO BREAKFASTS

Fruited Cereal

Potato and Egg Scramble

Toast Coffee

Grape Fruit

Nut Hash Muffins

Coffee

MEMORANDUM

Everyone knows what boils in his own pot.

—Creole Proverb.

SIMPLE HOME LUNCHEONS

(When papa is at home)

Nut Croquettes Baked Potatoes

Bread and Butter

Vegetable Salad Buttered Wafers

Berries and Cream

Coffee

(When mamma and the children are alone)

Nut Soup

Hot Cream of Wheat poured over ripe sliced Peaches

Chocolate Bread and Butter

MEMORANDUM

Joy is more divine than sorrow, for joy is bread and sorrow is medicine.

—H. W. Beecher.

RED LUNCHEONS

Filbert Soup Croutons
Waldorf Eggs Rice Balls
Tomato Salad No. 1 Buttered Wafers
Strawberries and Cream Assorted Cakes
Coffee

Red Raspberry Soup Crackers
Waldorf Eggs
Bread Olives
Tomato Salad No. 3 Buttered Wafers
Strawberries and Cream Assorted Cakes
Coffee
Nuts Red Bon-bons Raisins

The Filbert Soup may be colored with the liquid coloring matter used in cooking or it may be served in red glasses. The dining-room and table decorations may be red roses, or bowls of scarlet poppies.

MEMORANDUM

They are as sick that surfeit with too much, as they that starve with nothing.

—Shakespeare.

COMPANY DINNERS

Strained Nut Soup

Stuffed Olives Crackers

Waldorf Eggs Potato Balls

Baked Peas White Sauce

Rice Creamed Onions

Tomato Salad No. 2 Buttered Wafers

Strawberry Shortcake

Vanilla Cream Assorted Cakes

Coffee

Cream of Vegetable Soup Croutons

Baked Peppers No. 2 Cream Sauce

Stewed Celery Mushroom Patties

Nut Loaf No. 1 Tomato Sauce

Mashed Potatoes Peas

Cucumber Salad

Ice Cream Assorted Cakes

Toasted Crackers Cheese

Coffee

MEMORANDUM

Bread is the staff of life.
—Swift.

COMPANY DINNER

Cream of Celery Soup — Crackers
Curried Eggs No. 2 — Olives
Stewed Mushrooms
Nut Loaf No. 1 Onion Sauce
Mashed Potatoes — Stewed Tomatoes
Cucumber Salad
Ice Cream — Assorted Cakes
Toasted Crackers Coffee Cheese
Fruit Bon-bons Nuts

SIMPLE HOME DINNER

Nut Chowder
Stuffed Tomatoes No. 1
Mashed Potatoes — Stewed Onions
Apple Salad No. 2
Toasted Wafers No. 2 — Coffee

MEMORANDUM

A little bannock with a blessing,
Is better than a big one with a curse.
—Gaelic Proverb.

HOME DINNERS

Nut Chowder Crackers

Baked Tomatoes No. 1

Mashed Potatoes Creamed Onions

Apple Salad No. 2

Lemon Meringue Pie Coffee

Tomato Barley Soup Croutons

Baked Hominy and Cheese

Boiled Potatoes Peas

Raw Vegetable Salad

Baked App'es and Cream

Coffee

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